

BALANCE MY CHOICE

Wellness Pointers

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"A joyful heart is good medicine,
but depression drains one's strength."
Proverbs 17:22



EMPLOYEE WELLNESS
Southern Adventist University

EMOTIONAL

Emotional | Environmental | Financial | Mental | Occupational | Physical | Social | Spiritual

God Uplifts Our Emotions

“The surpassing greatness of the power (is) of God and not from ourselves; we are afflicted in every way, but not crushed; perplexed, but not despairing; persecuted, but not forsaken; struck down, but not destroyed; always carrying about in the body the death of Jesus, that the life of Jesus also may be manifested in our body.” - 2 Corinthians 4:7-10

We all know that both positive and destructive emotions are part of being us and being human. Joy, pleasure, love, pity, compassion and optimism are positive, motivating experiences. Loneliness, confusion, sadness, despair, anxiety, anger, and even hatred are destructive emotions and can ruin lives if not dealt with positively.

We need to know what the place and role of emotions in our lives are. If feelings lead our decisions and our judgment and are the main reason for our choices, we may suffer as a result of illogical and unwise actions that could be disastrous. We all know that we need to think clearly and sensibly to live wisely and safely. Yet, we also know this is easier said than done. Emotions can be powerful, sometimes influencing us more than mere facts and prudent thoughts and common sense.

Emotions are strong, and destructive emotions often hard to restrain. But Paul says that God is stronger. The surpassing greatness of power is not from ourselves, it is from God. It is our faith that should lead our personalities, our direction, our goals and dreams. Faith in God and trust in God, and obedience to God should guide us, in order for God's thoughts about our situation to save us from our destructive feelings.

Trusting in God, waiting on him, will enable us to say with Paul: “we are afflicted in every way, but not crushed; perplexed, but not despairing; persecuted, but not forsaken; struck down, but not destroyed.” Although the dying, suffering and pain of Jesus remain with us in this world, the life of Jesus also manifests in us, giving us control over our emotions.

It is good and healthy to have insight in your emotions and to deal with them constructively. We should not have unfinished emotional business. And we should grow to a place where our faith leads us from fatal slavery of our feelings, to the freedom in the living Lord that allows us to act wisely and powerfully.

The gospel is that in Christ we need not be crushed, experience despair, feel forsaken or be destroyed by what we feel. Paul's words in 2 Corinthians 4: 7 – 10 teach that it is possible to be under pressure in difficult circumstances, yet control our emotions. In the midst of even the most trying times, Paul was able to be strong in the Lord. But it starts with faith in God. It starts with trusting Jesus. It starts with living for Him.

HEALTH BENEFITS OF LAUGHTER

1. *An Improved Immune System:*

Laughter provides a boost to the key functions of a healthy immune system – specifically, an increase in T-cells and B-cells – and activates antibodies such as immunoglobulin A (IgA). These cells and antibodies are responsible for the early recognition and removal of virus and tumor cells, and protect us from upper respiratory infections, colds, and the flu.

2. *Stress Reduction Through Reduced Levels of “Stress” Hormone:*

The stress hormones of cortisol, epinephrine, dopac, and growth hormone are known to suppress the immune system, weakening one’s bodily defense against disease and illness. Laughter has been shown to reduce these hormones, acting as an antidote to stress!

3. *Greater Tolerance Of Pain:*

Studies have consistently shown that humor carries a pain-reducing power. One possible reason is distraction, with laughter drawing attention away from the source of discomfort. It has been noted that with humor there is a reduction of muscle tension and this muscular relaxation aids to pain management similar to the effect that medication or other relaxation techniques have.

4. *Memory Improvement and Increased Creativity:*

Neuroscientists refer to the brain’s “humor muscles” in reference to understanding a joke, as humor appears to be a whole-brain networking process. Brain scans have shown increased blood flow to the brain regions where humor is processed and when laughter occurs: The language center on the left side of the brain hears the joke, makes sense of the words and then sends the message across the right side of the brain. The right frontal cortex of the brain then searches for areas of stored emotions and social memories, makes a connection, interprets it, perceives the joke as humorous and finally, displays the reaction as laughter. Other positive brain effects associated with the processing of humor are increased memory, an enhanced ability to learn and greater creativity skills.

5. *Increased Aerobic Exercise Endurance:*

It becomes an overall physical body exercise when one laughs. Although blood pressure and pulse will increase with laughing, they drop down lower than one’s baseline afterwards, as they would with exercise. With laughter, the heart is exercised and the lungs emptied of more air, giving them a cleansing effect similar to deep breathing. Muscles of the diaphragm, abdomen, face, shoulders, back and rib area are used, exercised and have increased relaxation afterwards. Scientists often refer to laughter as “inner jogging.” Research has suggested that laughter provides health benefits similar to other types of aerobic exercise! This can be especially beneficial for those who are bedridden, sick or cannot move well.

Laughter
is the
BEST
medicine.

Employee Wellness Mission Statement:

Cultivating a sense of community, Southern Adventist University Wellness promotes balanced living, provides risk assessment, rewards and empowers employees for pursuing optimum health in a caring, Christian environment.

What is Wellness?

“Wellness is an intentional choice of a lifestyle characterized by personal responsibility, balance, and maximum person enhancement of physical, mental, and spiritual health.”

-Dr. Garver

Southern Adventist University Employee Wellness

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Southern Students at Sunset Rock

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Fiesta Quinoa Salad



Ingredients:

- 1 cup white quinoa, washed and drained
- 1/4 cup red quinoa, washed and drained
- 1 cup fresh corn, off the cob
- 2 cups filtered water
- 1 can (15 ounces) black beans, rinsed & drained
- 1/2 cup finely diced yellow pepper
- 1/2 cup diced tomatoes
- 1/4 cup cilantro leaves

Dressing:

- 2 teaspoons lime zest
- 2 teaspoons lime juice
- 2 teaspoons cumin
- 2 teaspoons chili powder
- 2 tablespoons tamari
- 2 teaspoons apple cider vinegar

Instructions:

1. Place quinoa, corn, and water in a medium saucepan with pinch of salt and bring to a boil.
2. Simmer covered for 20 minutes over low flame.
3. Meanwhile, whisk the dressing ingredients in a small bowl until well combined.
4. Fluff quinoa with fork, place in medium bowl, and stir in the black beans, veggies, dressing, and cilantro.
5. Season with sea salt if needed.
6. Serve warm or cold the next day.

Foods to Improve Your Mood

Did you know that what you eat can impact your mood?

Many studies have proven that certain food ingredients have a positive effects on your mood and mental health. Tryptophan, Omega-3, Folate, and B12 are particularly desirable.

Below is a list of foods that contain these advantageous ingredients:

Foods Containing Tryptophan:

Tofu
Flax Seeds or Flax Meal
Roasted Pumpkin Seeds
Gluten Flour
Sesame Seeds
Almonds
Black Walnuts
Blackeyed Peas

Foods Containing Omega-3:

Flaxseed Oil
Walnuts, English
Flax Seeds, Ground
Canola Oil
Walnuts, Black
Wheat Germ Oil
Soybean Oil
Green Soybeans
Spinach
Sesame seeds
Avocado
Almonds

Foods Containing Folate:

Chickpeas
Blackeyed Peas
Lentils
Red Kidney Beans
Okra Pods
Navy Beans
Spinach
Mustard Greens
Spanish Peanuts
Fresh Orange Juice

Foods Containing B12:

Dry Cereal (Total)
Soymilk

*For vegetarians, there is no B12 found in fruits, vegetables, nuts, and grains (use B12 supplements if needed)